



Lewis & Clark Resources

The following websites contain information that may be useful to you as you plan your Lewis & Clark Fitness Challenge:

www.pbs.org/lewisandclark/class

Each lesson includes *Teacher Notes* and downloadable *Student Activity Sheets* that can be printed, copied, and distributed to students. The Teacher Notes for each lesson provide learning objectives, related national content standards, a list of tools and materials needed, the time necessary to complete each lesson, extensions and adaptations, assessment recommendations, and the teaching strategy.

Lessons 1 and 2 in this series may be especially useful for classes participating in the Lewis & Clark Fitness Challenge. They relate to the *historical context of the trail* and explore the *physical challenges* faced by the Corps of Discovery.

This website also includes an *interactive on-line student activity* where students can retrace Lewis & Clark's trail and make decisions about which direction to go and how to handle critical situations that arise.

www.montanalewisandclark.org

This informative website includes a list of suggested Lewis & Clark curriculums and training guides for teachers and/or program leaders. It also includes related links to other sites.

<http://www.nps.gov/lecl/maps.htm>

You can download an expedition map off this National Park Service website. You can also request maps to be sent to you. Ordering information for poster-sized classroom maps and displays is available.

<http://lewisandclark.state.mt.us/>

This website includes an interactive map, trail video clips, Lewis and Clark journal entries, discovery points, and other historical information.

<http://www.lewisandclark200.org>

Website for the National Council of the Lewis & Clark Bicentennial.

<http://www.lewisclark.net>

Lewis & Clark's Historic Trail. Here you can read a timeline, interactive maps of the trip, excerpts from their journal, and biographies of the explorers.

www.si.edu.htm or www.edgate.com/lewisandclark/

These are websites for the Smithsonian. The "Edgate" is an educational site with maps and teacher-designed lesson plans. It appears to be an excellent site.

<http://school.discovery.com/homeworkhelp/worldbook/atozhistory/L/321480.html>

The Discovery Channel web page for Lewis & Clark.

<http://www.nwrel.org/teachlewisandclark/home.html>

Northwest Regional Educational Laboratory. Curriculum ideas and educational resources.

<http://www.nationalgeographic.com/lewisclark/index.html>

National Geographic web site with an on-line base camp.

<http://www.lewis-clark.org/>

Discovering Lewis & Clark. An excellent site for all kinds of information about the expedition. They keep the site up-to-date.

<http://www.lewisandclark.org>

This website, which is run by the Lewis & Clark Trail Heritage Foundation Inc., covers the journey of the Corps of Discovery, contains extensive information and valuable links to other Expedition sites.

<http://education.wsu.edu/vpds/lcexpedition/resources/index.html>

Includes links to Lewis and Clark expedition websites. Includes a link to a "Lewis and Clark Trail by Bicycle" website.

<http://xroads.virginia.edu/~HYPER/JOURNALS/journals.html>

Read the Journals of Lewis & Clark on line.

<http://www.fs.fed.us/r1/lewisclark/lcic.htm>

This site is for the Lewis & Clark National Historic Trail Interpretive Center in Great Falls, Montana.

<http://www.lcarchive.org>

This website contains a comprehensive archive of over 650 websites related to the Lewis & Clark Expedition.

<http://www.bitterroot.net/usdafs/lcindex.html>

This U.S. Forest Service website of the Bitterroot National Forest also includes links to Forest Service mountain biking trails, campground sites and wilderness areas.

<http://jan.ucc.nau.edu/~maa8/ronda.htm>

Lewis & Clark Among the Indians study guide.

<http://idptv.state.id.us/lc/index.htm> (Idaho Public Television)

Lewis & Clark in Idaho: Echoes of a Bitter Crossing. This web site on the expedition includes questions and answers from expert historians, trivia, and information on how the Nez Perce helped the journey.

www.lewisandclarkeducationcenter.com

This website is sponsored by the University of Montana. The Education Center has established the Lewis & Clark Learning Community, an on-line, collaborative environment for K-12 teachers. It keeps teachers informed of technologies and content related to the Corps of Discovery and teacher education opportunities, sharing ideas, information, lesson plans, and other digital media related to Lewis & Clark educational pursuits. If interested in participating in this free service, please contact Meagan Bayless at meaganb@eoscenter.com or 406/243-2644 who designed and facilitates this exciting new Web-based environment for Lewis & Clark educators.

<http://www.montanaplaces.com>

This site contains a variety of items including selected journal entries related to the Montana journey.

http://www.gorp.com/gorp/resource/us_trail/lewis&cl.htm

This website includes information on the Lewis & Clark Trail with details about significant landmarks along the trail.





Lewis & Clark Fitness Challenge Resource List for Teachers

A limited number of brochures, and one video per request, are available free of charge from:

Lewis & Clark National Historic Trail
1709 Jackson Street
lecl_administration@nps.gov
Omaha, NE 68102-2571
www.nps.gov/lecl/welcome.htm

Phone: 402/221-3471

Email:

Web page:

A map in poster size can be ordered for \$9.95 from Montana Magazine. Request the map *Along the Trail with Lewis & Clark, 1803-1806* (phone 1-800-654-1105).

A Few of the Many Lewis & Clark Books for Children

Lewis & Clark for Kids, Their Journey of Discovery with 21 Activities, Janis Herbert, Chicago Review Press

Going Along with Lewis & Clark, Barbara Fifer, Montana Magazine, Helena (phone 1-800-654-1105)

How We Crossed the West: The Adventures of Lewis & Clark, Rosalyn Schanzer, 1997, National Geographic Society.

A Picture Book of Sacagawea, David A. Adler. An easy-to-read biography.

The Incredible Journey of Lewis & Clark, Rhoda Blumberg, a very well written account of the expedition for the middle elementary reader.

Meriwether Lewis & William Clark - Explorers of the Louisiana Purchase, Richard Kozar, written in chapters for the middle grade readers. Includes a glossary and chronology.

Kids Discover: Lewis & Clark, Stella Sands, editor. This monthly publication featured the Lewis & Clark Expedition. Filled with colorful illustrations and informative text. Includes two activity pages, for middle grades.

The Lewis & Clark Expedition, Sanna Porte Kiesling. Written for 4th grade readers.

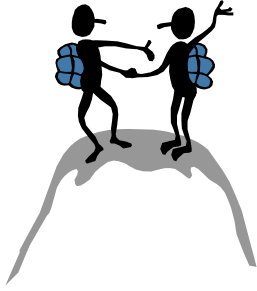
My Name is York, Elizabeth Van Steenwyk, with illustrations by Bill Farnsworth, a picture book about Clark's slave, York, who made the entire journey as a member of the Corps of Discovery.

D is for Discovery: The A-B-Cs of the Lewis & Clark Expedition's Winter on the Pacific Coast 1805-1806, Sydney Stevens, with illustrations by Pat Fagerland.

Exploring History Through Simple Recipes - Cooking on the Lewis & Clark Expedition, Mary Gunderson. Adult supervision is suggested. Although based on historical foods, all recipes have been modernized and simplified for today's young cooks.

The Lewis & Clark Coloring Book, Peter F. Copeland. A Dover Publication, detailed drawings.

Lewis & Clark: Explorers of the American West, Steven Kroll, a picture book for the young explorer.



Other Sources of Lewis & Clark Educational Information

Fort Clatsop National Memorial, 92343 Fort Clatsop Road, Astoria, OR 97103-9197 (503/861-2471) (visit their website: <http://www.nps.gov/focl/erpl.htm>) which offers a variety of experiences that take students back in time to discover what life was like for the expedition during their 1805-06 winter stay at Fort Clatsop. These programs include both on and off-site options that will bring the park and your classroom closer together in order to celebrate our nation's heritage.

Jefferson National Expansion Historical Association, 11 North 4th Street, St. Louis, MO 63102 (phone 1-800-537-7962 or 314/655-1600). They have several activity guides and a traveling trunk. Visit their website at <http://www.nps.gov/jeff/edu-mep.htm> for more information.

Mid-Continent Regional Educational Library Web page: <http://www.mcrel.org>
2550 S. Parker Road, Suite 500, Aurora, CO 80014 (Phone: 303/337-0990)

Northwest Regional Educational Laboratory Web page:
<http://www.nwrel.org>
101 SW Main, Suite 500, Portland, OR 97204 (Phone: 503/275-9500)

Lewis & Clark Rediscovery Project Web page:
<http://rediscovery.ed.uidaho.edu/index.html>
University of Idaho, College of Education, Moscow, ID 83844-3080 (Phone 208/885-5343)
email: lc200@uidaho.edu This program will be part of the expedition bicentennial commemoration.

Lewis & Clark Heritage Foundation Email: publications@lewisandclark.org
P.O. Box 3434, Great Falls, MT 59403 (Phone: 1-888-701-3434). Lesson Plans for grades 5-9.

Lewis & Clark Bookstores (books can be purchased by mail order):

Fort Clatsop Historical Association Bookstore, 92343 Fort Clatsop Road, Astoria, OR 97103-9197 (503/861-2471). The bookstore has educator resource guides for sale.

Portage Cache Store, 4201 Giant Springs Road, Great Falls, MT 59404 (406/453-6248).
e-mail: portagecache@montana.com

Gone West Bookstore (Jefferson National Expansion Historical Association), 11 North 4th Street, St. Louis, MO 63102 (phone 1-800-537-7962 or 314/655-1600).

The Lewis & Clark Center, 701 Riverside Drive, St. Charles, MO 63301 (phone 314/947-3199)

North Dakota Lewis & Clark Interpretive Center Bookstore, P.O. Box 607, Washburn, ND 58577 (701/462-8535)

Four Winds Trading Company, 1-800-456-5444 Website: www.fourwinds-trading.com



Nutrition Resources

Your guide to Food and Nutrition information

Organizations:

Montana Team Nutrition Program(406) 994-5641

Contact to checkout a large variety of nutrition education materials

Montana State University

P.O. Box 173360 , 202 Romney

Bozeman, MT 59717

Fax: (406) 994-7300

email: kbark@state.mt.us

American School Food Service Association(800) 877-8822

Contact for membership/professional affiliation & ideas for School Food Programs

700 S. Washington Street, Suite 300

Alexandria, VA 22314-4287

website: www.asfsa.org

Montana Department of Agriculture(406) 444-2402

Contact for nutrition education materials and Montana made food items

Angelyn Stonebraker, Marketing Specialist

P.O. Box 200201

Helena, MT 59620-0201

website: www.agr.state.mt.us

email: astonebraker@state.mt.us

Montana Beef Council(406) 442-5111

Contact for nutrition education materials and beef promotional ideas

Charlene Schuster, Executive Director

420 North California Street

Helena, MT 59601

website: www.mtbeef.org

email: beefcnc@mt.net

Western Dairy Council(800) 274-6455

Contact for nutrition education materials and dairy promotional ideas

Judy Barbe, MS RD

12000 North Washington, Suite 200

Thornton, CO 80241

website: www.wdairycouncil.com

email: jbarbe@wdairycouncil.com

Five A Day for Better Health Program(301) 496-8520

Contact for "Five A Day" materials that have been developed for classroom use.

National Cancer Institute, 9000 Rockville Pike, EPN-330, Rockville, MD 20982

Nutrition Resources, continued

Cookbooks:

For copies of the following cookbooks, contact Capstone Press publishers at 151 Good Counsel Drive, P.O. Box 669, Mankato, MN 56002 or <http://www.capstone-press.com>

Oregon Trail Cooking

California Gold Rush Cooking

American Indian Cooking

Pioneer Farm Cooking

Colonial Cooking

Materials:

- ✓ **Dietary Guidelines for Americans** - Direct access to all food and nutrition "stuff" including booklets and brochures available at <http://www.nal.usda.gov/fnic>
- ✓ **Power Pac** - Exciting, new ideas and materials to make healthy eating and physical activity fun for everyone. Developed by the US Department of Agriculture at www.fns.usda.gov
- ✓ **Breakfast Quest** - A fun kit which helps make learning about healthy breakfasts fun and easy. Developed by General Mills, Inc. and National Association of State Nutrition Education and Training Coordinators; P.O. Box 1113, Minneapolis, MN 55440
- ✓ **Food Works** - An integrated nutrition program developed to improve the health of children by empowering them to choose a variety of foods; eat more grains, vegetables and fruits; and construct a diet lower in fat. Developed by USDA's Team Nutrition Program at <http://www.fns.usda.gov/tn>
- ✓ **Community Nutrition Action Kit** - A tool for enabling communities to work together to motivate children and families to make food choices for a healthy diet. Developed by USDA's Team Nutrition Program at <http://www.fns.usda.gov/tn>
- ✓ **How to Teach Nutrition to Kids** - An integrated, creative approach to Nutrition Education for children ages 6-10 with lots of fun recipes. Developed by Connie Liakos Evers
- ✓ **Lewis and Clark map** - available from Montana Magazine for \$9.95. Request the map *Along the Trail with Lewis and Clark, 1803-1806* at 1-800-654-1105.
- ✓ **American Indian Foods** - A children's book with large print and lots of color photographs describing Native American ways of living and food practices. Contact Children's Press, Grolier Publishing Co., Inc. or loan it from a library.

Fitness Resources

Your guide to Fitness and Physical Activity information

Organizations:

Aerobics and Fitness Foundation of America.....(800) 233-4886

Answers questions from the public regarding safe and effective exercise programs and practices.

Women's Sports Foundation(800) 227-3988

Provides information on women's sports, physical fitness, and sports medicine.

President's Council on Physical Fitness and Sports...(202) 272-3430

Materials on exercise and physical fitness for all ages are available.

701 Pennsylvania Avenue NW

Suite 250

Washington, DC 20004

American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD)

Promoting healthy lifestyles through high quality programs in health, physical education, recreation, dance and sport... <http://www.aahperd.org>

Montana Association of Health, Physical Education, Recreation and Dance

Montana chapter of AAHPERD. Training and support for health enhancement education

Nancy Colton, Montana State University.....(406) 994-6339

Email uhdnc@montana.edu

Fitness Resources Continued

Materials:

Resource to Extend Physical Activity in the Classroom

- **TAKE 10!** A classroom-based physical activity program for kindergarten to fifth grade students. This curriculum tool contains safe and age-appropriate 10-minute physical activities for the classroom.

Developed by: ILSI Center for Health Promotion, Physical Activity and Nutrition Program, 2295 Parklake Drive, Suite 450, Atlanta, GA 30345. (770) 934-1010; email TAKE10@ilsi.org

Resource to Extend Physical Activity into Recess Time

- **The Feelin' Good Mileage Club:** This walking/running program designed for grades K-6 students can turn recesses into fun, active times. This reward-based program encourages children to track the number miles they walk or run during recess and rewards them for reaching their personal mileage goals.

Developed by: Fitness Finders, 133 Teft Rd, Spring Arbor MI 49283; 800-789-9255; www.fitnessfinders.net

Resources to Support Students to Walk to School

- **Kids Walk to School: A Guide to Promote Walking to School:** This resource helps schools and communities develop and implement a yearlong walk-to-school initiative.

Developed by: National Center for Chronic Disease Prevention and Health Promotion. It is available on line in a pdf file format at www.cdc.gov/nccdphp/kidswalk or call 888-231-6405.

Incentive Ideas and Resources

Use these handy resources to provide inexpensive give-a-ways to students.

Oriental Trading Company..... (800) 875-8480

Contact for incentives and prizes for students

Website: www.oriental.com/home.htm

Meal Maker School Food Service Program..... (800) 325-8511

Contact for inexpensive incentive items for students like pencils, frames, erasers and much more. Meal Maker, c/o We're Full of Promotions

760 Transfer Road

St. Paul, MN 55114

Fax: 651-642-1314

Website: promoman@pro-ns.net

ASFSA Emporium..... (800) 728-0728

Contact for school meal promotional items.

Address: ASFSA Emporium c/o Trexco Associates, Inc.

735 Horizon South Parkway

Grovetown, GA 30813

Montana Beef Council (406) 442-5111

Contact for nutrition education materials and beef promotional ideas

Charlene Schuster, Executive Director

420 North California Street

Helena, MT 59601

Website: www.mtbeef.org

email: beefcnc@mt.net

Western Dairy Council. (800) 274-6455

Contact for nutrition education materials and dairy promotional ideas

Judy Barbe, MS RD

12000 North Washington, Suite 200

Thornton, CO 80241

Website: www.wdairycouncil.com

email: jbarbe@wdairycouncil.com